

March 2022



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ARNOLD F. HABIG COMMUNITY CENTER

OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

812-482-4455 • www.jasperindiana.gov

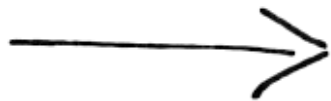
Facebook: Jasper Park and Recreation Department

Hours: Monday-Friday, 8:00am-4:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:00 BINGO	2 9:00 Golden Go 9:00-3:00 Tax Assistance	3 9:00 Senior Strong 12:30 Cinch Tourney	4 9:00-10:30 Tech Assistance 9:00 Chair Yoga 9:45 Beginner's Yoga 12:30 Pay Me	5
6 CENTER CLOSED	7 9:00 Golden Go 10:00 Senior Strong 12:30 Dominoes	8 12:30 Tripoley 12:30 Scrabble	9 9:00 Chair Yoga 12:30 3 Up 3 Down	10 9:00 Senior Strong 9:00-3:00 Tax Assistance 12:30 Rum Tourney 3:00 RSVP DUE for Catered Meal	11 9:00 Chair Yoga 9:45 Beginner's Yoga 12:30 Rummikub	12
13 CENTER CLOSED 	14 9:00 Golden Go 10:00 Senior Strong 12:30 Skip-Bo	15 12:00 BINGO 3:00 RSVP DUE for Dementia Friends Presentation	16 9:00 Golden Go 9:00-3:00 Tax Assistance	17 9:00 Senior Strong 12:30 Hand & Foot 	18 9:00-10:30 Tech Assistance 9:00 Chair Yoga 9:45 Beginner's Yoga 12:30 SKYJO	19
20 CENTER CLOSED 	21 9:00 Golden Go 10:00 Senior Strong 2:00 Dementia Friends Presentation	22 12:00 CATERED MEAL 12:30 Scrabble	23 9:00 Chair Yoga 9:00-3:00 Tax Assistance	24 9:00 Senior Strong 12:30 Euchre Tourney	25 9:00 Chair Yoga 9:45 Beginner's Yoga 12:30 Penny Drop	26
27 CENTER CLOSED	28 9:00 Golden Go 10:00 Senior Strong 12:30 TX Hold'em	29 12:00 BINGO	30 9:00 Golden Go 9:00-3:00 Tax Assistance	31 9:00 Senior Strong 12:30 Rum Tourney 		

CENTER HOURS

Monday through Friday
8:00am-4:00pm



Health and safety are top priority.
Safety precautions include:

1. Extra sanitizing protocols continue daily.
2. Please utilize the banquet room entry door to sign-in.
3. If returning books or puzzles, please return them in the designated area.
4. Be respectful with safe distancing from others.
5. We kindly request you do not rearrange tables.
6. If you are not feeling well—please STAY home.

We will continue following local and state guidelines. Therefore, please be aware that our calendar is subject to change at a moment's notice, and we will share via local news and our Facebook page.

BOOKS & PUZZLES

We have a great selection of books (Habig Room) and puzzles (Computer Room) to borrow. Please return to their designated bins.

Your generous donations have filled our shelves! We are unable to take donations at this time.

EXERCISE ROOM

Please be considerate by safely distancing from others and wiping your machine following use.

Be sure to check out the new strength machine when you get the chance! Let us know if you have questions on how to use it.



WALKING

The mulched, outside walking trail is open (1 lap = 1/3 mile). The banquet room is open for walking outside of exercise class times (25 laps = 1 mile).

ALSO AVAILABLE

- **CARD TABLES:** Available for individual groups
- **Computers/ WiFi:** Available for personal use
- **POOL, PING PONG AND BUMPER POOL TABLES:** Open in the card room downstairs
- **TECHNOLOGY ASSISTANCE:** Ryan will be available on Fridays, March 4th & 18th from 9:00-10:30am.



Bingo is played in the banquet room. Cost is \$1.00 per card plus \$0.50 for two special games. We will begin collecting money at 11:30am.

We ask you to keep bills to \$5 and under. We pay out 100% and do not have change.
(\$1 bills and quarters are very helpful!)

CARD TOURNEYS

*Please sign-up by **10:00am** the morning of the tourney.

CINCH March 3rd

RUM March 10th & 31st

EUCHRE March 24th

Tourneys begin at 12:30pm. Entry fee is \$1.00. All money is distributed to 1st, 2nd & 3rd place.

CATERED MEAL

The Older Americans Center will host a catered meal on **Tuesday, March 22nd at 12:00pm**. Arnie's Catering will prepare smoked pork chop (BBQ on the side), German fries, green beans, 7-layer salad, and dinner rolls. Unsweetened iced tea will be provided. Cost is \$10.00 and will be collected at the door. **Reservations are due to the Center by 3:00pm on Thursday, March 10th.**

*If you made a reservation and later discover you cannot attend, we kindly ask that you find a replacement or pay for your meal if it is after the RSVP deadline. We can make a "to go" order if needed.

GAMES

*Please sign-up by **10:00am** the day you plan to play. We welcome new players!

- **DOMINOES:** The Mexican Train version will be played.
- **HAND AND FOOT:** A two-handed game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck.
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers.
- **PENNY DROP:** **NEW** game! A simple game luck and maybe a little strategy to get rid of all your pennies first!
- **PHASE-10:** Complete all ten phases of this fun and easy-to-learn card game before your opponents.
- **RUMMIKUB:** An enjoyable game described as a mix of Mah Jongg and Rummy.
- **SKIP-BO:** Play all the cards in your stock pile first to win a game, and earn points for winning.
- **SKYJO:** This is a simple, fun game to learn and play. Flip and exchange your cards to try to collect the least amount of points.
- **TRIOLEY:** This fun game is a mix of Hearts, Poker, and Michigan Rummy.
- **TEXAS HOLD'EM:** Who will have the lucky hand? A \$1.00 charge to play, and the winner receives the entry fees!
- **3 UP 3 DOWN:** **NEW** game! This fast-paced game takes a bit of strategy and plenty of luck—all the way to the end!!

EXERCISE CLASSES

- **BEGINNER'S YOGA:** In this beginner-style yoga class, we practice poses in standing, seated and prone positions. It provides an opportunity to build strength and endurance, enhance flexibility and balance and promote relaxation. *Please bring your yoga mat.
- **CHAIR YOGA:** All are welcome in this gentle yoga class. We practice poses seated in a chair and standing. It provides an opportunity to build muscular endurance and increase flexibility in a calming, peaceful manner.
- **GOLDEN GO:** This class is designed to offer a mixture of lower level chair exercises to specifically support strength, flexibility, and balance.
- **SENIOR STRONG:** For more of a challenge, this class consists of low impact aerobics and resistance exercises to boost heart health and improve strength and endurance.



INCLEMENT WEATHER

If Jasper schools are on a two-hour delay or cancelled due to inclement weather, all morning activities at the Older Americans Center will be cancelled. Please call as usual for afternoon activities. Listen to WITZ or WBDC for cancellation information.

How has exercise impacted your life?

"Exercise classes at the OAC have impacted my life in several ways:

- Before I started the OAC exercise classes, I had hip and shoulder pain. The pain kept me awake at night and made going up stairs painful. After attending classes for a few months, the pain is only about 10% of where it started.
- Coupled with better eating habits, I've lost 15 pounds.
- I feel so much better physically and mentally after exercise.
- I noticed an increase in strength and stamina since attending classes."



TAX FILING ASSISTANCE

Filing assistance will be available at the Habig Center **by appointment only.**

The schedule is as follows:

- Every Wednesday, starting **February 2nd and ending April 6th**, from 9:00 a.m. to 3:00 p.m.
- Call the Center at 812.482.4455 to **schedule an appointment.**



SPECIAL EVENTS



DEMENTIA FRIENDS PRESENTATION

According to their website, “The Dementia Friends Indiana movement seeks to advance education and awareness of dementia, reduce the stigma associated with the disease, and create community environments that are welcoming and conducive for those living with dementia.”

This 1-hour program presented by Generations will take place in the banquet room on Monday, March 21st at 2:00pm. **Please register by Tuesday, March 15th to reserve your spot in the class!**



We
rise
BY
Lifting
Others

MONTHLY RECIPE

Breadstick Pizza

(Recipe from Taste of Home website)

2 tubes (11 ounces each) refrigerated breadsticks
1/2 pound sliced fresh mushrooms
2 medium green peppers, chopped
1 medium onion, chopped
1-1/2 teaspoons Italian seasoning, divided
4 teaspoons olive oil, divided
1-1/2 cups shredded cheddar cheese, divided
5 ounces Canadian bacon, chopped
1-1/2 cups shredded part-skim mozzarella cheese
Marinara sauce

1. Unroll breadsticks into a greased 15x10x1 inch baking pan. Press onto the bottom and up the sides of pan; pinch seams to seal. Bake at 350° until set, 6-8 minutes.
2. Meanwhile, in a large skillet, cook and stir the mushrooms, peppers, onion and 1 teaspoon Italian seasoning in 2 teaspoons oil until crisp-tender; drain.
3. Brush crust with remaining 2 tsp. oil. Sprinkle with 3/4 cup cheddar cheese; top with vegetable mixture and Canadian bacon. Combine mozzarella cheese and remaining 3/4 cup cheddar cheese; sprinkle over top. Sprinkle with remaining 1/2 tsp. Italian seasoning.
4. Bake until cheese is melted and crust is golden brown, 20-25 minutes. Serve with marinara sauce.

